CLAIMS:

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1. A recreational board for travelling across a medium, said recreational board comprising:

a board having a top surface and a bottom surface;

said top surface supporting a user positioned on said recreational board; and

said bottom surface contacting the medium on which the board travels;

- wherein the bottom surface includes a plurality of grooves that 10 radiate from a central zone on said bottom surface to adjacent a side edge of the bottom surface.
 - 2. The recreational board of claim 1 wherein the board is shaped so that a front portion of the board is narrower than a rear portion of the board.
 - 3. The recreational board of claim 2 wherein the board tapers from the rear portion of the board to front portion of the board.
 - 4. The recreational board of claim 1 wherein the top surface of the board contains bindings.
 - 5. The recreational board of claim 4 wherein there are two bindings.
 - 6. The recreational board of claim 5 where a rear binding is inclined with respect to the top surface of the board.
 - 7. The recreational board of claim 1 wherein the bottom surface is convex.
 - 8. The recreational board of claim 2 wherein the front portion and rear portion are turned upwardly.
- 9. The recreational board of claim 1 wherein the grooves extend forwardly from the central portion to respective sides of the board.
 - 10. The recreational board of claim 2 wherein the rear portion also includes a brake.
- 11. The recreational board of claim 10 wherein the brake includes at least30 one channel.
 - 12. The recreational board of claim 11 wherein there are a plurality of channels.

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13. The recreational board of claim 1 where the recreational board is a snowboard, sand board, water board or air board.

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